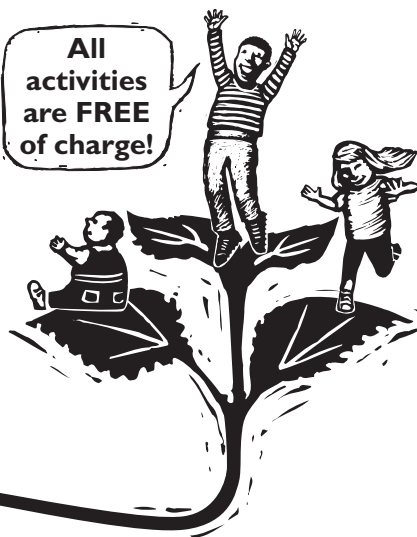


Growing Healthy Families

Burlington District Office, Vermont Department of Health
108 Cherry Street, suite 101 • Burlington, Vermont 05401
802-863-7323 or 1-888-253-8803



Spring 2010

Breast pumps

Before your baby comes

WIC can help plan for breastfeeding while at work/school, and give you resources to share with your work/school to prepare to accommodate your needs. Know Vermont law: <http://healthvermont.gov/wic/documents/Nursingwebfactsheet.pdf>

After your baby comes

Are you returning to work or school? Medela hand and double electric breast pumps are available at no cost after baby's first WIC appointment. When WIC provides a pump, your baby can receive no formula. Schedule a WIC pump appointment 2–4 weeks before you return to work/school. Appointments are at the 108 Cherry Street, or Winooski WIC clinic sites. Assembly and cleaning equipment, milk storage and your questions are discussed. Pumps are available until your baby is 1 year old. Call Jan at 951-0066 or 863-7323.

Anytime for you and employers

Look for more breastfeeding information at www.breastfeedvermont.info

Stretch your Fruit & Veggie Card dollars

Friday, April 9; 10:00 a.m.

location to be determined

Your new WIC card works like any EBT or debit card, and lets you choose from a variety of fresh, canned and frozen fruits and vegetables at authorized food stores. Join us for a fun, exciting workshop on making the most of those dollars and enjoy a fruit and veggie food demonstration! Call Amy at 951-0079 for more details and to sign up.

Cooking for life

Are you living on a tight food budget? Join our hands-on cooking classes and learn how to make easy, low-cost nutritious meals. Take home free groceries and recipes. On-site childcare provided. Sign up for the next series of 6 classes starting in spring. FREE. Call Jeanne at 951-0075 for information or to sign up.

Eating with children

Friday, April 30; 2:00 p.m.

Vermont Department of Health, WIC Office
108 Cherry Street, Burlington

Do you often wonder what you should do about your picky eater? Come and we'll discuss ways you can help your children become better eaters and make mealtimes enjoyable. Call Ann at 951-0065 for more information and to sign up.

